



# Setting up a pulmonary rehabilitation program

Pulmonary rehabilitation is highly beneficial and strongly recommended for people with Chronic Obstructive Pulmonary Disease (COPD).<sup>1,2</sup> The core components of a program include individualised patient assessment, exercise training, education and evaluation. The structure and delivery can vary, depending on resources available, especially in rural and remote areas.<sup>3</sup> Even a pulmonary rehabilitation program with limited resources has been shown to be effective. If you are interested in setting up your own program using local resources available, the following information will help you.

## What personnel and equipment do I need?

### The exercise component

The minimum requirements include knowing how to conduct an exercise program for people with lung disease and being trained in cardiopulmonary resuscitation.<sup>3</sup>

### The education component

The team can include a doctor, nurse, dietician, psychologist, exercise physiologist, physiotherapist, pharmacist or social worker, depending on locally available healthcare professionals.<sup>3</sup>

### The equipment component

A minimum requirements list is available at: [www.pulmonaryrehab.com.au/wp-content/uploads/2016/08/What\\_Equipment\\_Will\\_I\\_Need.pdf](http://www.pulmonaryrehab.com.au/wp-content/uploads/2016/08/What_Equipment_Will_I_Need.pdf)

## How do I set up the program?

- Gold and white card holders might be eligible for services provided by health professionals. Details for DVA funded health services are available at: [www.dva.gov.au/sites/default/files/files/health\\_and\\_wellbeing/healthservices.pdf](http://www.dva.gov.au/sites/default/files/files/health_and_wellbeing/healthservices.pdf)
- Access the **Pulmonary Rehabilitation Toolkit**, an initiative of Lung Foundation Australia and the Australian Physiotherapy Association to be guided through the process of setting up a program. Components of the toolkit include 'Getting started, Patient assessment, Exercise training, Patient education and Program evaluation' and are available at: [www.lungfoundation.com.au/health-professionals/clinical-resources/copd/pulmonary-rehabilitation-toolkit](http://www.lungfoundation.com.au/health-professionals/clinical-resources/copd/pulmonary-rehabilitation-toolkit)
- Access **Pulmonary Rehabilitation Training Online** to increase your knowledge, skills and confidence in delivering a program. Details are available at: [www.lungfoundation.com.au/health-professionals/training-and-education/pulmonary-rehabilitation-training-online](http://www.lungfoundation.com.au/health-professionals/training-and-education/pulmonary-rehabilitation-training-online)
- Another educational resource for patients and families is the **COPD Online Patient Education (C.O.P.E.)** available at: [www.cope.lungfoundation.com.au](http://www.cope.lungfoundation.com.au)
- **Resources to get started are available online** and include a program brochure, referral form, invitation and assessment letters and a patient survey available at: [www.pulmonaryrehab.com.au/introduction/resources](http://www.pulmonaryrehab.com.au/introduction/resources)

## References

1. Spruit M, et al. An Official American Thoracic Society/European Respiratory Society Statement: Key Concepts and Advances in Pulmonary Rehabilitation. *American Journal of Respiratory and Critical Care Medicine*. 2013; 188: e13-64.
2. Abramson M, et al. COPD-X Concise Guide for Primary Care. 2016. Brisbane, Australia. Available at: <http://lungfoundation.com.au/health-professionals/guidelines/copd/copd-x-concise-guide-for-primary-care/> [Accessed October 2016].
3. Lung Foundation Australia. Primary care respiratory toolkit. Available at: <http://lungfoundation.com.au/health-professionals/clinical-resources/copd/primary-care-respiratory-toolkit/> [Accessed July 2016].